

Recipe of the week

This week it is not exactly summertime weather. Sitting here in central Edinburgh on a rather dreich Wednesday morning, it seems that it is time to make a scone or a pancake, rather than eat summery foods like superfood salads.

☒ So here is a really easy recipe for cheese scones...which is really just what we feel like having with our elevenses...

150g or 6oz self-raising flour

1/2 tsp salt

pepper and mustard

25g or 1oz margarine or butter

75g or 3oz grated cheese

1 egg

30ml or 2tbsp milk

Put the oven on – and wear an apron! Mix the flour with all the seasonings and then rub in the margarine – best done with your fingertips raising your hands out of the bowl to get some air in – but you can do this part in the food processor too. Stir in the cheese with a knife, leaving some for the tops of the scones. Mix to a soft dough with the egg and milk – be aware you may not need all of it. Then put some flour on the worktop and tip the dough onto it. Roll out the dough to about half an inch thick.

You can either cut into triangles or using a pastry cutter make into nice scone shapes. Brush the tops with a little of the egg and milk mixture and then place on a non-stick baking tray greased with a little margarine and sprinkle the cheese carefully on the tops.

Really hot oven needed! 220C or 425F for about 12 minutes.